

Man's Nerves

Many Unable to Sleep Owing to Noises

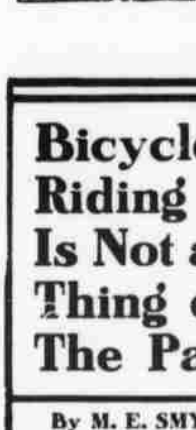
By J. CAREY LEWIS, London

WHEN a tradesman was arraigned recently at a London (England) court on a charge of having attempted to commit suicide, it was pleaded in his behalf that he had suffered from insomnia brought on by the noise made at night by the motor omnibuses and trams which passed the premises at which he resided, and he stated himself that he had been unable to sleep owing to the traffic. This was an extreme case, perhaps, and possibly this particular victim of street noises was a man of abnormally nervous temperament.

But no man's nerves are entirely proof against the sapping influence of disturbed and interrupted sleep, and, unhappily, cause and effect in this case are apt to react and intensify each other. The nervous fear of not being able to sleep is often enough the primary cause of sleeplessness, and thus an irregular series of intermittent noises tends to induce, especially in a sleeper awakened by them, a state of nervous apprehension which may lead in the end to severe and pronounced insomnia.

This is a serious matter, not merely for bad sleepers themselves, but for all who have to depend on their services. No man can do his work efficiently by day if he cannot sleep at night, and when public servants like Sir Henry Morris and other of our correspondents tell us how great and growing the evil is, it is high time for the community at large to bestir itself and insist on a remedy being found and applied, says the London Times.

Of course the traffic of a great city can never be entirely stilled. There must always be occasional passings even in the quietest streets. These we must put up with as best we may, as we must also with the continuous roar of the great thoroughfares up to a late hour of the night. But these are not the enemies of sleep of which Sir Henry Morris specially complains. It is the multiplication of the motor car and the heedless sounding of its raucous horn in the small hours that justly provoke his indignation and remonstrance.



Bicycle Riding Is Not a Thing of The Past

By M. E. SMYTHE

Bicycle riding is a thing which seems to be out of date and there are but few who ride them. I used to be one of those who thought that bicycling was a thing of the past and laid my wheel aside until some friends in the neighborhood resurrected theirs and I joined them.

It is certainly a fine exercise and those who don't take it don't know what they are missing. Of course those who can afford automobiles are excused, and if you have a motorcycle I would say ride that.

But if you have a wheel don't be too proud to ride it because you think it is a back number. The streets are better now than when bicycles were in fashion and the wheels are cheaper, which gives you a better chance to get one than ever before.

The sensation is the same as on a motorcycle or automobile, and because your boss rides in an automobile don't be ashamed to face him with a wheel.

It is a good, healthy exercise after work and you will go to places which you will never reach on foot because of the distance.

I am not trying to boom the wheel business, but giving a lesson to those who throw away their wheels because they are back numbers.

They don't know what they are missing.

Tipping Nuisance Becoming Serious Matter

By JOHN KAY KING

This matter of "tipping" is becoming so serious and so universal that very many people inclined to leave home are afraid to venture because of the prevailing custom.

Hotel accommodations are contracted for by the traveling public with no extras expected. The same is true of the restaurant, whose printed menu makes an order thoroughly understood.

The present "system" among and with all sorts of waiters is to exact or at least expect a fee, which if not complied with means trouble. Can this custom mean anything less than an insult and a well-planned hold-up? There should be an end to it, and all would-be patrons of public hostilities of whatsoever kind should have the positive assurance.

Some of the leading hotels in Chicago publish their rates, which are not questioned, but say nothing about the abominable custom of "feeling" among their waiters, which is sure to be experienced.

It is gratifying to know the press of the country is becoming interested along these lines. The wholesalers are confounded and realize the importance of action, for are not the hotels and restaurants largely dependent upon the patronage of the tens of thousands of traveling salesmen they employ?

Another Evil That Should be Checked

By THOMAS J. KIRBY
Baltimore, Md.

Now that we have the paper towel and the paper cup, how about the paper handkerchief? It seems to me there are more germs carried and spread about by the use of the ordinary handkerchief than by the old-fashioned towel or even the ordinary drinking cup.

All persons suffering from certain troubles use a handkerchief continually. Everyone knows that a handkerchief is not always in the hands of the user.

It is placed in the wash with other articles, and must be handled by the head of the house and perhaps other members of the household, the laundress, and, if the washing is sent out, the people employed in the laundries.

It therefore seems to me that the use of the paper handkerchief would be as beneficial in our war on disease germs as the two former articles mentioned.

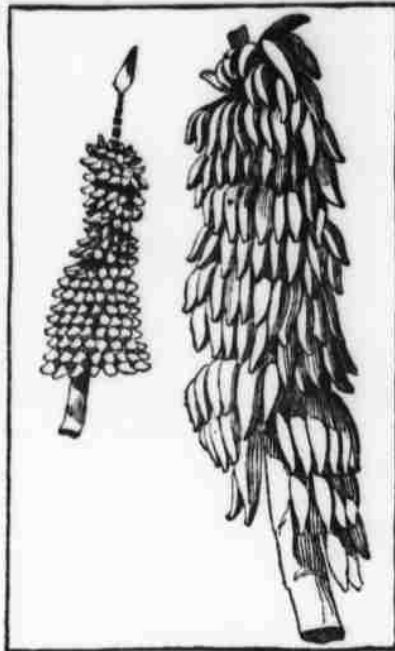
The paper handkerchiefs could easily be burned at home, or if the step could be carried still farther the city might furnish boxes on the street corners where these might be thrown and disposed of daily.

WEST INDIAN BANANA FREAKS

Man Long in Fruit Business Sends Photograph of Two Remarkable Formations.

New York.—From Kingston, Jamaica, comes a photograph of banana freaks, sent by W. N. Livingston, who says:

"In the accompanying picture are depicted two freaks. One a monster banana of the Martinique variety, weighing 135 pounds, containing 15 hands, averaging 18 fingers to the hand, and a freak of the same variety, both known to botanists as the Musa Sapientum, with 33 laps or hands weighing 26 pounds, both well matured and cut from the same property. It is the most perfect freak that I have seen after an experience of over 25



Banana Freaks.

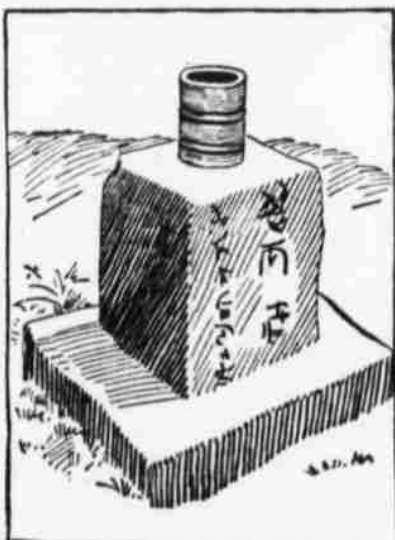
years in the fruit business. This happened just after storm of 1903 that laid waste the banana plantations of this island. In going through the fields chopping down the fallen trees this one appears to have been left standing, with just the limbs or branches lopped off with the result that the fruit shot right through the open cavity shown in the accompanying illustration on the right."

The Jamaica banana predominates in the markets of the United States. This predominance is the result of a combination of circumstances and intention. The banana grown in Jamaica was not indigenous to that island; or, in other words, it was imported from another part of the tropics to find nourishment and cultivation in Jamaica. The banana so widely known as the Jamaican in the markets of the United States, was born in Martinique, reared in Jamaica and sent to school in North America. It is true that bananas may be induced to grow in Florida, and that Cuba has made commendable, if not always profitable, efforts in the direction of cultivation; but in the island of Jamaica, the climate, the annual rainfall of 35 inches, a stable British protectorate assuring the obedience of a sufficient number of laborers has made it a success.

WORLD'S OLDEST RAIN GAUGE

Was Constructed by Order of Chinese King in the Year 1442.

Boston, Mass.—The first record of a rain gauge is of that one which was constructed in the twenty-fourth year of the reign of King Sejo (1442), in China. The king ordered a bronze



Chinese Rain Gauge.

Instrument made to measure the rainfall. It was a vase resting on a stone base and was placed in the observatory. Every time it rained he had his servants measure the water in the vase and report to him.

Lure to Shoot in Her Hat.
Leighton, Pa.—The lure of the plumage which she wore in her bonnet was responsible for the fact that Mrs. Robert Rex has a bullet in her hip. Mrs. Rex and a number of ladies were walking along the Mahoning mountain, near Leighton, wearing gaudily feathered fall hats. They chanced to pass a group of boys with a toy rifle, when one of them remarked: "Let's shoot them in the hat." The bullet, however, missed the hats, but struck Mrs. Rex.

Gives Causes of Swearing.
Minneapolis, Minn.—A. N. Gilbertson, department of psychology at the University of Minnesota, says swearing is resorted to generally by people who are not educated enough to express their passions in literary style.

TO CONSERVE WATER

Practice Dry Farming When There Is Plenty Rain.

Application of Humid Methods in Semi-Arid Conditions Means Repeated Crop Failures Lessening Profits to Farmers.

The question is sometimes raised: "Shall we practice dry farming when there is plenty of rain?" Most assuredly, writes J. H. Worst of the North Dakota Agricultural college in the Wallace's Farmer. The time to conserve moisture is when there is moisture to conserve. A farmer remarked to me the other day: "I have got the moisture on my farm down to a depth of more than three feet already." That farmer's idea is exactly right. He is conserving moisture now for next year's crop, while his neighbors are allowing the moisture that has recently fallen in abundance to go to its usual way, according to the laws of chance. Next spring his neighbors will plant their wheat and other small grain and depend upon the clouds to furnish moisture as the grain may need it. This farmer will get just as much rain from the clouds as they, and will, in addition, have a large quantity of water stored up in the subsoil to nourish the crop should a dry spell occur during the growing season. And that dry spell is very apt to come. I will venture that this particular farmer will have a big crop next year, whether his neighbors do or not. If they get a big crop, he will get a bigger crop.

It has been fully demonstrated that a considerable portion of the rainfall of any one year can be conserved and carried over in the soil for the benefit of the next year's crop. Where the average rainfall is eighteen inches, it should be an easy matter to carry four or five inches of autumn rain water over the winter for next season's crop. Four inches of water represents approximately 450 tons of moisture per acre—a sufficient quantity to nourish the growing crop during weeks of protracted drought.

As long as we apply humid methods to semi-arid conditions, we may expect repeated crop failures, or partial failures that will materially lessen the profits which farmers should realize from their business.

It requires approximately seven dollars per acre to grow a crop. This includes interest on investment, cost of seed, wear and tear of farm machinery, labor, etc. By adding one additional dollar's worth of labor to each acre, there is little question but that the average profits would be doubled. In other words, as much profit should be realized from the one additional dollar's worth of labor as is now realized from the seven dollar's worth of unavoidable labor and investment. Consequently, if farmers would devote one-third of their land to the growing of corn and alfalfa, neither of which interferes with the time and labor employed in farming wheat, and put one-third more labor, thus made available, on only two-thirds as many acres of wheat, they would grow more wheat than where they spread their energies over the one-third larger area. The corn and alfalfa fed to live stock would insure them a large additional income, and one that is not often adversely influenced by climatic conditions, while the fertility deposited upon the farm resulting from feeding the corn and alfalfa to live stock would vastly improve the productiveness of the soil. Corn and alfalfa usually can be attended to when the wheat needs no care, thus distributing the labor more equitably throughout the season.

Another thing, shock-threshing is generally bad business, for the reason that all cannot thresh at once when the grain is ready for the machine; consequently, all who cannot thresh early stand a good chance of having their grain injured in the shock and also are hindered from plowing until their grain is threshed. Fully half the farmers are thus hindered from plowing early, many of them being compelled to postpone plowing operations until the following spring. Better to stack the grain as soon as fit and start the plow.

Plow deep, and follow the plow with a drag. The drag will conserve more moisture than will get into the soil from melting snows. Besides, water thus conserved is where it is needed instead of on the surface, where it will speedily evaporate.

The Sanitary Hog Wallow.
The up-to-date hog yard has a feeding floor, the advantages of which are many. Such hog yard should have a sanitary wallow. Here are the directions for building:

One of cement may be made by digging a hole 15 inches deep and 10 feet square. In the bottom pack 6 inches of coarse gravel or cinders, and on this lay 3 inches of coarse concrete. Smooth off the surface and raise the sides 6 inches higher.

This makes a shallow basin, which will make a good sanitary wallow, and a barrel of water a day will be sufficient to keep it going. If you have running water which can be piped into the basin, so much the better.

Overfeeding at the Start.
Care should be taken not to overfeed the hogs when first starting the fattening. If put up in a pen or dry lot, there is all the more reason for starting with a small feed of grain and gradually increasing it, taking a week or ten days to get up a full feed. If possible, give some green feed while the hogs are on a full ration of grain.

NEWLY BROKEN LAND CROPS

Common Practice of Sowing Flax Relieves Struggling Farmer, but is Not Always Best.

The very common practice of sowing flax or some other crop on newly broken land has apparently grown in favor during recent years, owing no doubt to the great increase in the growing of that crop. The practice oftentimes relieves the struggling farmer who is beginning work on the homestead, but it is not the best thing that can be done for the future production of the land. This at least is true, where the normal precipitation is low, as low say as 10 to 12 inches.

When a crop of flax or wheat or other grain crop is taken from land the season that it has been broken, no opportunity is given for moisture to go down into the dry subsoil to moisten it. The crop may absorb it all in a dry year and then not have enough to perfect its growth. In such instances the grower usually is anxious to follow with another crop the next year, and to obtain it he may simply disc the land. The second crop, if indeed one can be taken from the land that year, in turn takes all the moisture of that season, none is left for the soil, much less for the subsoil; hence the subsequent cropping for a time is much liable to be attended with disaster. If the first plowing has been shallow, the condition will be further aggravated.

The necessities of the newcomer in very many instances compel him to adopt some such course in order that he may get means that will enable him to carry on his work. But many adopt this method because they are anxious to get a quick return for their outlay without being compelled to farm thus. There is no question that it is not the best method to adopt. It would be better in the end to allow the land to lie idle during all the first summer, thus giving time for moisture to go down into the subsoil. With some reserve of moisture in the soil, better crops may be grown, at least in the future that immediately follows.

The benefit from having a store of moisture in the subsoil in a dry season cannot be overestimated. A small amount of such moisture may save a crop. The rainfall during the growing period may be only enough to carry the crop on to the earing stage. One more inch of rain would make the crop and it does not come. If in the absence of that inch of rain there was reserve moisture in the soil, the crop would be carried to completion.

SOIL MULCH OF IMPORTANCE

Cultivate Rather Slow Early in Spring, Increasing the Depth as the Season Advances.

(By PROF. A. M. TEN EYCK, Kansas.)
Mellow soil is not as good a conductor of heat as firm soil. A thick mulch of mellow soil should permit less heat to enter the soil than a thin mulch. However, the thin mulch may be as effective a covering for retaining the heat in the soil as a thick mulch. The results of the recent soil temperature studies at the Kansas station support this statement.

A deep soil mulch is not necessary for conserving the soil moisture early in the spring, when the air is moist and the weather relatively cool; hence the plan to cultivate rather shallow early in the spring and increase the depth of cultivation as the season advances, because late in the season, during the hot, dry days of July and August, the soil will dry rapidly, and a deeper soil mulch is required to conserve the moisture and prevent the surface from becoming too hot.

My recommendation and practice is to cultivate rather shallow early in the spring, increasing the depth of the cultivation as the season advances. At the last cultivation when the corn is laid by it should be cultivated as deeply as possible without destroying the main lateral roots of the corn. These lie usually about four inches below the surface, midway between the rows in surface-planted corn.

The corn roots gradually approach the surface near the root stock, which requires that surface-planted corn should not be cultivated too close to the hill at the last cultivation. From the study of corn roots made at the Kansas experiment station it appears that the roots of listed corn lie deeper in the soil than the roots of surface-planted corn.

ORCHARD AND GARDEN NOTES.

Never cut a limb from a fruit tree unless you know just why you do it.

If the rabbits have only gnawed the outer bark, wrap the wound with cloth.

Diversified gardening is the safest course for growers supplying local markets.

It is a bad mistake to neglect an orchard when it is not producing a crop of fruit.

Seed potatoes, like table stock, should be stored as cold as possible without frost.

A bruised potato is a short-lived potato. Handle them carefully, as if they had feeling.

If air-staked time be in earth in which plants are potted it will keep worms away.

An experienced pruner notes the direction of growing branches and prunes accordingly.

Put the potatoes designed for seed purposes in barrels or bins where they can be kept from the light.

Prune out old canes and raspberries and blackberries, and burn them. Thin the hills to three or four shoots. Cultivate, and add some manure to the soil.

It Means Health For the Child

The careful mother, who watches closely the physical peculiarities of her children, will soon discover that the most important thing in connection with a child's constant good health is to keep the bowels regularly open. Sluggish bowels will be followed by loss of appetite, restlessness during sleep, irritability and a dozen and one similar evidences of physical disorder.

At the first sign of such disorder give the child a teaspoonful of Dr. Caldwell's Syrup Pepsin at night on retiring and repeat the dose the following night if necessary—more than that will scarcely be needed. You will find that the child will recover its accustomed good spirits at once and will eat and sleep normally. This remedy is a vast improvement over salts, cathartics, laxative waters and similar things, which are altogether too powerful for a child. The homes of Mrs. A. A. Higgins, Mounds, Okla., Mrs. M. C. Moore, Happy, Ark., are always supplied with Dr. Caldwell's Syrup Pepsin, and with them, as with thousands of others, there is no substitute for this grand laxative. It is really more than a laxative, for it contains superior tonic properties which help to tone and strengthen the stomach, and the bowels so that after a brief use of it all laxatives can be dispensed with and nature will do its own work. Anyone wishing to make a trial of this remedy before buying it in the regular way of a druggist at fifty cents or one dollar a large bottle (family size) can have a sample bottle sent to the home free of charge by simply addressing Dr. W. B. Caldwell, 301 Washington St., Monticello, Ill. Your name and address on a postal card will do.

The fellow who goes around looking for trouble generally meets somebody who takes him at his word.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, etc. a bottle.

It isn't until a man reaches the age of discretion that he discovers he can have a good time without suffering for it the next morning.

Dr. Pierce's Peppermint, small, sugar-coated, easy to take as candy, regulate and invigorate stomach, liver and bowels and cure constipation.

Decidedly Novel.
Ella—It was a novel proposal.
Stella—What did he say?
Ella—That he begged the proud privilege of getting up mornings to build the fire for me.

Some Undertaking.
The official undertaker of a small town was driving through the county on one of his regular missions. A woman came out to the gate of a farm yard and hailed him.
"I don't seem to recall your name, madam," he said.
"That's funny!" she said. "It ain't been more'n a year and a half ago since you undertook my first husband."

Resigned.
The sick man had called his lawyer "I wish to explain again to you," said he weakly, "about willing my property."
The attorney held up his hand reassuringly. "There, there," said he, "leave that all to me."
The sick man sighed resignedly. "I suppose I might as well," said he, turning upon his pillow. "You'll get it, anyway."

Husband Was Willing.
The Scot has no monopoly of domestic felicity, as many a piquant paragraph bears witness. The other day an old farmer and his wife were "doing" the sights of a provincial town, and, among other places, they visited a panorama of South Africa.
The views were extremely interesting, and the couple were enjoying themselves to the full. As scene after scene passed, the woman's enthusiasm increased, and at length, turning to her husband, she exclaimed: "Oh, Sandy, this is really splendid. I could just sit here all my days."
"Ah, weel, Jennie, woman," replied Sandy, to the mirth of those sitting near, "just sit you still there; I'll not grudge the saxeence."

THE LITTLE WIDOW

A Mighty Good Sort of Neighbor to Have.

"A little widow, a neighbor of mine, persuaded me to try Grape-Nuts when my stomach was so weak that it would not retain food of any other kind," writes a grateful woman, from San Bernardino Co., Cal.

"I had been ill and confined to my bed with fever and nervous prostration for three long months after the birth of my second boy. We were in despair until the little widow's advice brought relief."

"I liked Grape-Nuts food from the beginning, and in an incredibly short time it gave me such strength that I was able to leave my bed and enjoy my three good meals a day. In 2 months my weight increased from 95 to 113 pounds, my nerves had steadied down and I felt ready for anything. My neighbors were amazed to see me gain so rapidly, and still more so when they heard that Grape-Nuts alone had brought the change."

"My 4-year-old boy had eczema very bad last spring and lost his appetite entirely, which made him cross and peevish. I put him on a diet of Grape-Nuts, which he relished at once. He improved from the beginning, the eczema disappeared and now he is fat and rosy, with a delightfully soft, clear skin. The Grape-Nuts diet did it. I will willingly answer all inquiries. Name given by Postum Co., Battle Creek, Mich."

Read the little book, "The Road to Wellville," in pkgs. "There's a reason." Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.